



December 2020

Breakfast & Lunch High School Menu

Food & Nutrition
JO COMBS

Daily Options

Cereal w/NutriGrain Bar
or BenFIT Bar
.....
Crispy Chicken Salad
Fruit & Yogurt Parfait

Cereal w/Muffin
or BeneFIT Bar
.....
Chicken Caesar Salad
Deli Sandwich

Cereal w/String Cheese
or BeneFIT Bar
.....
Chef Salad
Chicken Wrap

Monday

Bagel with
Cream Cheese **7**
.....
Cheese/Pepperoni Pizza
or
Orange Chicken Bowl

BeneFIT **14**
Breakfast Bar
.....
Cheese/Pepperoni Pizza
or
Rotini with Meat Sauce

Tuesday

Very Berry **1**
French Toast
.....
Hamburger/Cheeseburger
or Lasagna
w/Garlic Bread Stick

Mini Maple **8**
Pancake
.....
Hamburger/Cheeseburger
or
Ravioli w/Dinner Roll

Triple Berry **15**
French Toast
.....
Hamburger/Cheeseburger
or Nacho Cheese
Pretzel Pocket

Wednesday

Scramble Eggs **2**
& Tortilla
.....
PB&J Sandwich
Protein Pack

Sausage, Egg & Cheese **9**
Sandwich
.....
PB&J Sandwich
Protein Pack

Fruit & Yogurt **16**
Parfait
.....
PB&J Sandwich
Protein Pack

Thursday

Yogurt Smoothie **3**
& Crackers
.....
Cheese Filled Bread Sticks
w/Marinara Sauce
or Beef Tacos

Yogurt & Muffin **10**
.....
Cheese Filled Bread Stick
w/Marinara Sauce or
Bean & Cheese Burrito

Egg & Cheese **17**
Breakfast Burrito
.....
Fruit &
Yogurt Parfait

Friday

Mini Donuts **4**
.....
Mac & Cheese w/Dinner Roll
or Spicy/Regular
Chicken Sandwich

Whole Wheat **11**
Honey Bun
.....
Chicken & Cheese Taquitos
or Spicy/Regular
Chicken Sandwich

Cinnamon Roll **18**
.....
PB&J Sandwich
Protein Pack

WINTER BREAK!!



Breakfast Daily
Seasonal Whole Fresh Fruit
or 100% Fruit Juice
1% White Milk

All Students eat FREE

Lunch Daily
Seasonal Whole Fresh Fruit
Seasonal Vegetables
1% White Milk or Fat Free
Chocolate Milk



Questions? Please contact Yezica Hostetler, Food & Nutrition Supervisor at (480)987-5311 or yhostetler@jocombs.org
Menu Items may change due to availability. This is an equal opportunity provider